

IN THE CLAIMS

Please amend the claims as follows:

Claim 1 (Currently Amended): An optical recording method for recording information in an optical recording medium comprising a grooved light-transparent substrate and a phase change recording layer thereon, by irradiating a laser beam thereto through an objective lens in an optical system, wherein

the recording is carried out in ~~the grooves~~ a groove recording mode under the conditions:

$$0.48 \leq P_T/(\lambda/NA) \leq 0.74 \text{ and } P_T \leq 0.50 \text{ } \mu\text{m},$$

provided that the laser beam used for recording has a wavelength λ , the objective lens has a numerical aperture NA, and recording tracks are arranged at a pitch P_T .

Claim 2 (Original): The optical recording method of claim 1 wherein the medium is operated at a linear velocity of at least 4.5 m/s.

Claim 3 (Original): The optical recording method of claim 1 wherein the recording forms a recorded mark having at least one end extending out of the groove.

Claim 4 (Original): The optical recording method of claim 1 wherein said optical recording medium includes the recording layer, a dielectric layer, and a reflective layer stacked on the light-transparent substrate in the described order,

the reflective layer has a thermal conductivity of at least 100 W/mK, and the dielectric layer has a thermal conductivity of at least 1 W/mK.

Claim 5 (Currently Amended): An optical recording method for recording information in an optical recording medium comprising a grooved light-transparent substrate and a phase change recording layer thereon, by irradiating a laser beam thereto through an objective lens in an optical system, wherein

the recording is carried out in ~~the groove~~ a groove recording mode under the condition:

$$0.48 \leq P_T/(\lambda/NA) \leq 0.68,$$

provided that the laser beam used for recording has a wavelength λ , the objective lens has a numerical aperture NA, and recording tracks are arranged at a pitch P_T .

Claim 6 (Original): The optical recording method of claim 5 wherein the recording forms a recorded mark having at least one end extending out of the groove.

Claim 7 (Original): The optical recording method of claim 5 wherein said optical recording medium includes the recording layer, a dielectric layer, and a reflective layer stacked on the light-transparent substrate in the described order,

the reflective layer has a thermal conductivity of at least 100 W/mK, and the dielectric layer has a thermal conductivity of at least 1 W/mK.

Claim 8 (Original): An optical recording medium in which recording is carried out by the method of claim 1.

Claim 9 (Original): An optical recording medium in which recording is carried out by the method of claim 5.